

## Medicare coverage of behavioral health care

**Behavioral health care** includes services and programs to help treat mental health conditions (such as depression or anxiety) and substance use disorders.

### What mental health services does Medicare cover?

#### If you have Original Medicare

- **Part A** covers inpatient services that you receive in either a psychiatric hospital or a general hospital
- **Part B** covers:
  - Outpatient services, such as group therapy, substance use disorder treatment (including medication-assisted treatment received at an opioid treatment program), prescription drugs that you cannot administer yourself, an annual depression screening that you receive in a primary care setting, and other medically necessary services
  - Partial hospitalization for mental health and substance use disorder treatment if you meet coverage requirements

**If you have a Medicare Advantage Plan**, your plan must cover the same inpatient and outpatient mental health and addiction recovery services as Original Medicare, but it may impose different rules, restrictions, and costs. If you need more information about the costs and coverage rules, or if you are experiencing problems, contact your Medicare Advantage Plan.

**Part D prescription drug plans** cover drugs on the plan's formulary, or list of covered drugs. While Part D plans are not required to cover all drugs, they **are** required to cover all antidepressant, anticonvulsant, and antipsychotic medications (with limited exceptions).

**If you think you need mental health care or addiction recovery services, start by contacting your doctor to learn which services are available. Ask your doctor if they can recommend providers.**

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## What addiction recovery services does Medicare cover?

Medicare covers treatment for alcoholism and substance use disorder in both inpatient and outpatient settings if:

- Your provider states that the services are medically necessary
- You receive services from a Medicare-approved provider or facility
- And, your provider sets up your plan of care

Examples of covered services include psychotherapy, opioid treatment program (OTP) services, including medication-assisted treatment, Structured Assessment and Brief Intervention (SBIRT) services provided in a doctor's office or outpatient hospital, and certain outpatient prescription drugs.

Note: Part D plans cannot cover methadone or similarly administered medications to treat substance use disorder, but they can cover methadone for other conditions, such as pain. OTPs can provide methadone for substance use disorder treatment.

## Who can I contact for help?

The following organizations can help you find resources or access needed care.

### National

- National Alliance on Mental Illness (NAMI): 800-950-6264
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Suicide Prevention Lifeline: 800-273-8255

### New York State

- NAMI New York: 800-950-3228
- Community Health Access to Addiction and Mental Healthcare Project (CHAMP): 888-614-5400

### New York City

- NYC Well: 800-692-9355, press 2